

Sports

Golf Scramble warms up for pending tournaments



Photos by Pat Young
Above: Jake Whitney, 13, lines up a shot at Taylors Creek Golf Course, June 20 during the Garrison Commander Golf Scramble.

Below: Lt. Col. William Ralston chips onto the green at the Scramble, June 20 at Taylors Creek.



Pat Young
Managing Editor

Nearly 100 people making up 25 teams took advantage of the warm weather, June 20, participating in the Fort Stewart-Hunter Army Airfield Garrison Golf Scramble at Taylors Creek.

Competition was intense with only one point difference between the winning team and third place, and only six points between first and seventh.

In the front nine, several teams leapt to the front including the command team made up of 3rd Infantry Division Assistant Commander – Maneuver, Brig. Gen. Jim Huggins with team mates, Lt. Col. Daniel Whitney and Kewyn Williams, Hunter Army Airfield Garrison and Deputy Garrison Commander, along with Whitney’s son Jake, who were five under par halfway through the 18-holes.

But the heat didn’t affect cool headed players, as demonstrated by the Directorate of Public Works - Environmental Division on Hole 6, scoring a birdie on the par-4 in three comfortable strokes.

The team of Broc Davis, Larry Carlile, Amber Franks and Gary

Hart, each with at least 12 years of golf-experience posed a formidable alliance. Dropping a chip shot from about 120 yards out, Davis placed the team within putting distance, as Carlile, with a steady hand, sank the ball from about 20 feet away.

But neither the competition nor the heat could bother the Chaplain Team, because they only came out to enjoy the camaraderie and have fun. The team, made up of Lt. Col. (Chaplain) William Ralston, his wife Beth, and co-workers, Sgt. 1st Class Thomas Mitchem and Sgt. Tom Miller agreed they would probably need a prayer to win.

Prizes were awarded to the top seven teams, including Slixon golf bags to the first and second place teams. Other prizes included Golf Clubs, Shirts, umbrellas, golf bags, and more.

In the end, Henry Thompson, Pete Martin, Tony Klosek and Steve Cullose, earned the win with a score of 57.

The second place score was a tie at 58, with the Paul Confer, Russell Johnson, Mike Novak and Chuck Graham edging out the third place team made up of Rodney Hargus, Tyrone Hurdle, George Howard and Rob Wells, by performing slightly better at the tie-breaker, Hole 6.

The DPW team came in

fourth with a score of 59.

Two more teams vied for fifth and sixth place with a score of 62, with Michael Keesy, Larry Thusketh, Kevin Abel and Don Ebarb edging out the team of Jose Mendez, Dano Chaffee, Rob Brennan, and Sherman Roberts at Hole 6.

The seventh place team scored 63 and consisted of Duane Guidry, Michale Thomas, Chris Loudon, and Greg Rasanan.

During this event, there was no longest drive competition, but there was a closest to the line, where players demonstrated their control at Hole 18, which was won by Hargus.

The next Garrison Commander Scrambles are July 18 at Hunter, and July 25 at Stewart; However, Taylors Creek Golf Course will host a Soldier – Family Appreciation Day Tournament with awards going to the top first, second and third place teams, as well as longest drive and closest to the pin.

That event will cost \$20 a person and is open to the first 25 teams to sign up. Registration is ongoing.

For more information about the Garrison Commander’s Golf Scramble, call the Director of Golf Course Operations, Tommie McArthur at 767-2370 at Stewart, or 315-9115 at Hunter.



Left: The first place trophy for the Soldier Family Appreciation Day Golf Tournament is displayed at Taylors Creek Golf Course June 20.

Below: Larry Carlile with the DPW team sinks a 20-foot put on hole 6. The team took fourth place.



Hunter holds kids fishing rodeo

Steve Hart
Hunter Public Affairs

More than 200 members of the Hunter Army Airfield military community, including 130 children, participated in Hunter’s Fishing Derby, Saturday at Halstrom Pond.

"This is always a very popular event," said Lee Collins, outdoor recreation director. "It's an enjoyable time for Families to come together, and it also exposes many young people to the sport of fishing."

Stocked with 4,000 pounds of catfish less than 10 days before the event, anglers didn't have to wait long

to reel in dinner.

Assisting at the event, representatives from the Directorate of Public Works, Fish and Wildlife Division, made themselves available to weigh and clean the fish.

Many participants expressed their pleasure at not only fishing but spending quality time among Family, such as Maj. Kevin Sharp, 1st Battalion, 75th Ranger Battalion, who showed his son Brock, 4, how to bait a hook.

"It's a challenge between you and the fish," said Kiana Jackson, 10 who was fishing with her father William Jackson, a retired Soldier.



Steve Hart
Elizabeth Ridacille, 11, catches a catfish while her brother, Grayson, 13, helps remove the fish from the line.

Three teams battle for volleyball title at Tominac



Eli Wilson
Kathy Idleburg and Sarah Padilla kneel next to their team's first place trophy, as James Ling, Chris Stake, Jeanine Delgado, and Anthony Kessler stand in the back June 21.

Special to the Frontline

The volleyball tournament June 21 was a lot of fun, according to Eli Wilson, Tominac fitness director. The three teams that participated in the double-round robin format were the Hunter team, Agape Life Center Tigers and the Islanders. The Hunter team consisted of DoD civilians, active-duty Soldiers and Family members.

The Tigers are a non-profit, charitable organization from S.C. and the Islanders were a team DoD civilians from Fort Stewart and guests.

The teams played each other twice; the winner was declared as the team with the best record at the end of the day.

The competition was close between the Hunter team and the Islanders. The two teams ended up with an identical record; however, Hunter was awarded the win by examining the total number of overall matches won per set.

Although the Tigers did not win a match, they did win a couple of games and were involved in several close games.

"These were tough-fought matches," said James Ling, the Hunter team captain and volleyball promoter at Fort Stewart and Hunter.

"All three teams played well," Ling said. The Tigers were the 'tough luck' team because even though they played well, they didn't win a match. They won one game and lost eight."

Ling said the Islanders, under the leadership of Tia Leiataua, team captain, and strong hitting Motu Salt proved strong, winning three matches and losing one. They finished second, with overall scores of seven and four. The winning edge for Hunter was its strong team play— passing by Alicia Perry, precision setting by Kathy Idleburg and hitting by Chris Stake.

Matches consisted of games to 15 points, side out scoring was the best two out of three games.

The final results were Hunter Army Airfield team taking first, (3-1 / 7 games); Islanders taking second, (3-1 / 6 games); and third place was the tigers, (0-4 / 1 game). For more information about Tominac Fitness Center Activities, call 315-2019.



Tim Hipps

Soldiers from the 82nd Airborne Division engage in suspended lunge exercises with TRX Suspension Trainer Force Training Kits at Fort Bragg, N.C. The Army FMWRC purchased 3,205 of the systems to be distributed through a pilot program at Fort Bragg and to include in recreation kits headed to troops in Iraq and Afghanistan.

Army MWR provides fitness anywhere kits for deployed Soldiers

Tim Hipps

FMWRC Public Affairs

FORT BRAGG, N.C. – Requiring less space than needed to park a Jeep, a sturdy mount, and a willing body are all it takes to perform hundreds of exercises that help build strength, balance and core stability with a TRX Suspension Trainer Force Training Kit.

The Army Family and Morale, Welfare and Recreation Command purchased 3,205 of the kits for deployed Soldiers to get complete-body workouts wherever they can find a beam, doorway or tree limb to anchor the resistance-training device. Soldiers already have mounted several of the systems to Humvees, tanks and cargo crates.

MWR employees at Fort Belvoir, Va., will send 205 of the combat-boot-sized systems to Iraq and Afghanistan as part of the recreation kits for deployed troops. Three-thousand more were issued to Army units for a pilot program at Fort Bragg, where about 100 Soldiers volunteered for train-the-trainer clinics with instructors from Fitness Anywhere, Inc.

Those Soldiers, in turn, will train other Soldiers in their respective units, which will be issued more of the systems before deploying to the Middle East.

"I'm not going to walk away from free weights, but for somebody that wants to maintain, especially during deployment, it's great," Sgt. Wes Bard said after completing a 3-hour, train-the-trainer session at Fort Bragg. "I was doing the chest press, and compared to a bench press, it's working all those lit-

tle stability muscles. It's a lot harder. It works the core great. And because we run every day, I really like using it for the legs because you want to keep your legs in shape but you don't want to add mass. Weight training for your legs isn't really going to help you with the distances we run."

Army commanders already have requested more of the kits, which include a quick-start guide, basic training DVD, 12-week strength and cardio training manual, and a mesh carry bag.

"Our missions take our Soldiers worldwide in some of the most austere environments," a mission commander wrote in an e-mail to Janet Mackinnon, the acting sports, fitness and aquatics director at FMWRC in Alexandria, Va. "In the past we have been taking bulky equipment with the unit, or in some cases, actually building equipment from existing materials. We think the TRX will fit the bill for our command's fitness needs."

The Fitness Anywhere folks believe their system is the answer.

"This could be an unprecedented launch of awareness into the Army on suspension training and the TRX," said Ken Taylor, a former Navy SEAL who helped instruct the train-the-trainer clinics at Fort Bragg. He knows firsthand how difficult it is to train in the field and can't wait to see the reactions of the Soldiers using total-resistance training.

"There are hundreds and hundreds of servicemembers that on their own have recognized the value of the suspension training and have been purchasing these via our Web site."

The Soldiers at Fort Bragg were delighted to receive the

training and experience the full-body effects of a TRX workout.

Sgt. Tavares Wilson, 23, who deployed to Baghdad in 2004-05 and Balad in 2006-07, said the TRX system could not replace working with free weights, but it could supplement his regimen. He said the MWR gyms on developed bases in Iraq were "top-of-the-line."

"I personally love the gym, so I'm not going to stay out of it. But this definitely will give it some competition. This is definitely a gym right here."

TRX instructors have conducted orientations at Fort Jackson, S.C.; Fort Leonard Wood, Mo.; Fort Riley, Kan.; Fort Benning, Ga.; Schofield Barracks, Hawaii; and Fort Richardson, Alaska.

"This is a paradigm-shift because Soldiers usually only have the ground to work out off of when they're doing something out in the field or in a remote or outdoor location, and there's not a whole lot of variety available to them when they're going to do an exercise," Taylor said. "With this one piece of equipment, the idea that you can vary the amount of resistance you have for any exercise, do hundreds of exercises, and all do it from a single anchor point is actually kind of overwhelming and can be daunting just trying to remember everything."

"If they grasped the main principles and the main concepts of what we were trying to put out today, I have a great feeling that they're going to be really successful using the TRXs and remain injury-free at the same time. They can get some crazy strength in terms of core and functional strength."

2008 Intramural Softball Standings

Co-ed Softball

	Won	Lost	PCT
293 MP	4	1	80 percent
3rd STB	3	2	60 percent
MISFITS	3	2	60 percent
385 MP	0	5	0 percent

Marne Conference

	Won	Lost	PCT
Co. A, 1/41FA	7	0	100 percent
Co. A, 3rd BSB	6	1	86 percent
HQ, 5/7CAV	5	2	71 percent
HHC, 3/69AR (A)	3	4	43 percent
Co. A, 5/7 CAV	2	3	40 percent
Co. A, 3/69 AR	2	5	29 percent
HHC 2/7 Inf.	1	3	25 percent
HHC, 3/69AR (B)	0	3	0 percent
Co. C, 3/69AR	0	7	0 percent

Rocky Conference

	Won	Lost	PCT
FIREDAW	9	1	90 percent
MEDDAC	8	2	80 percent
526th Eng	7	2	78 percent
293 MP	5	4	55 percent
139th MP	4	5	44 percent
3rd STB	4	5	44 percent
HHC 1-3 BCT	3	5	37 percent
15 ASOS	3	6	33 percent
DES	1	7	12 percent
385th MP	1	8	11 percent

Hunter Softball Conference

	Won	Lost	PCT
514th Eng.	18	0	100 percent
Rigger Platoon	10	2	83 percent
224th MI BN	10	6	62 percent
USMC	6	5	55 percent
D Co., 3/3 Avn	5	7	42 percent
110th QM	4	11	36 percent
E Co., 3/3 Avn	2	8	20 percent
10th Trans	1	14	7 percent

Jake's Body Shop

Make getting fit a reality

Jake Battle

DMWR Fitness Coordinator

A recent study showed that exercising with a Family member increases your chances for achieving your goals by over 80 percent. Plus, at the same time you're spending time and developing common interests.

Even though you may be out of the spirit right now, with these tips you can get back your desire to exercise!

Give your Family a boost

Maybe you have trouble remembering to work out. Put motivational notes for yourself around where you will see them.

Are you trying to get in shape so you can fit into your favorite outfit? As a motivation to keep going, hang up a picture of that outfit so you can be reminded of your goal.

'Go Daddy'

Let your Family know that you are striving to get in better shape. Ask your friends to help you celebrate when you have reached a fitness goal. Doing so will give you an incentive to stick with your program.

You may even know a friend or coworker who also wants to work out. Invite them to join you. You could walk during your lunch breaks or go to aerobics classes together after work.

Lose bad habits

As you exercise, you will begin to feel more pleased with yourself.

When you experience success in one part of your life, you will feel more confident in other areas.

Now is a good time to think about taking charge of your smoking habit.

You can

Don't get discouraged if you miss a workout session. At times, everyone does. The important thing is not having a perfect record, but getting back on track again when you miss a workout.

Just because you missed a session does not mean you can't make up for it. Double up the following week or stay a little longer the next time you work out. Perfection is not necessary, but commitment is.

These tips can assist you in your goal to get and stay healthy. Help yourself be a success with exercise.

Fort Stewart CO-ED

Date	Time	Field #	Teams
July 8	6:30 p.m.	1	293 MP vs. 385th MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 10	6:30 p.m.	1	3rd STB vs. 293rd MP
	7:30 p.m.	1	Misfits vs. 3rd STB
July 15	6:30 p.m.	1	3rd STB vs. 385th MP
	7:30 p.m.	1	293rd MP vs. Misfits

Sign up for CYS activities

Special to the Frontline

Register for Child and Youth Services youth activities. Youth football and cheerleading begins July 7 and will end Aug. 18 or when slots are full.

Football is open to CYS members age 7-12 (age as of Aug. 1.) Members age 13 will be placed on a waiting list in the event there are enough players to form an 11-13

league. Cheerleading is open to CYS members age 6-13 (age as of Dec. 31). Sports fees are waived for CYS members of parents currently deployed. Register at Fort Stewart CYS, building 443, Gulick Ave. between 8 a.m. to 5 p.m. Monday, Tuesday, Thursday, Friday; and Wednesday, 9 a.m. to 6 p.m.

For more information, call CYS at 767-2312 or youth sports at 767-4371.